

1. In an exercise system, a elastomeric tube assembly for providing resistive force, comprising:
 - a elastomeric tube of predetermined width having a first end and a second end;
 - at each of said elastomeric tube ends,
 - a first cylindrical bushing having a threaded bore and an outer diameter dimensions so as to allow tight insertion into the elastomeric tube,
 - a coaxially positioned second cylindrical bushing having a threaded bore of the same diameter as the threaded bore of the first bushing and an outer diameter smaller than the outer diameter of the first bushing by an amount approximating the width of the elastomeric tube, thereby defining an annular ridge,
 - a threaded elongate member for securing said first bushing adjacent said second bushing, and
 - a means for connecting the threaded elongate member to a modular component of the exercise system,
 - wherein the second bushing fits tightly within an involuted portion of said first or second end of the elastomeric tube and the annular ridge serves to preclude axial motion of the tube with respect to the first and second bushings.
2. The elastomeric tube assembly of claim 1, further comprising:
 - one or more threaded nuts disposed about each threaded elongate member for locking the relative positions of the first and second bushings at each of the respective ends of the elastomeric tube.

3. In an exercise system, a elastomeric tube assembly for providing resistive force, comprising:
 - a elastomeric tube of predetermined width having a first end and a second end;
 - at each of said elastomeric tube ends,
 - a cylindrical bushing having a threaded bore and an outer diameter dimensioned so as to allow tight insertion into the elastomeric tube, and
 - a threaded elongate member screwable into the cylindrical bushing, wherein the cylindrical bushing fits tightly within an end portion of the tube.
4. The elastomeric tube assembly of claim 3, wherein the end portion of the tube is involuted.
5. The elastomeric tube assembly of claim 3, further comprising one or more threaded nuts disposed about the threaded elongate member for locking the relative position of the threaded elongate member and the cylindrical bushing.
6. The elastomeric tube assembly of claims 1-5, wherein each bushing is composed of metal.
7. The elastomeric tube assembly of claim 1-6, wherein the elastomeric tube width is between 1/16" and 1/4".
8. The elastomeric tube assembly of claims 1-7, wherein the threaded elongate member terminates in means for connecting the threaded elongate member to a modular component of the exercise system.
9. The elastomeric tube assembly of claim 8, wherein the modular component is a rigid bar.

10. The elastomeric tube assembly of claim 8, wherein the modular component comprises rings attached to a limb-engaging member.
11. The elastomeric tube assembly of claim 10, wherein the rings are composed of metal or fabric.
12. The elastomeric tube assembly of claims 1-11, wherein the elastomeric tube is composed of latex.